

Prayer Diary

October to November 2026



“Binding up the broken hearted and setting the captives free.”

Isaiah 61:1

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Urban Outreach Bolton



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Thursday 1st October

3 O's for the next 3 days. 1st O Opportunity- we have some amazing opportunities to fulfil all that God has called us to at the moment, which is highlighted in this prayer diary. Always behind these opportunities, whether its poverty relief, supporting victims of child exploitation, supporting the ever-growing number of those needing accommodation or women in harm's way, there are the individual victims that cry out to God for help. Please pray that we use the many unities to be His answer to many of them.

Please pray daily for:-

- **Wisdom and strength for Urban Outreach staff and volunteers.**
- **God's love to be made known through every act of service.**
- **God's protection.**
- **Harvest**

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Friday 2nd October

2nd O Organisation - we have added to the teams recently and said goodbye to a few of the family, Urban Outreach is an organisation, but we believe we are more of a family. Please pray as we grow, that the family will always be that welcoming place and for those joining us that they will feel accepted and appreciated.

Saturday 3rd October

3rd O Opposition, -lately we have been under attack through social media. It is sadly a very personal attack on Dave, Chris and the family. We know this is bound to happen but the weaponising of social media has become the 'norm' and it is doing great harm. Please pray for protection for us all and the exposing of those who seek us harm.

Sunday 4th October

As many worship in church this day, please thank God for the churches in Bolton and their invaluable and generous support of Urban Outreach. Give thanks for food donations, financial giving, volunteers, prayer, invitations to speak and opportunities to share the vision and work. Pray for continuing and developing relationships as we seek to honour God and support our town.

Monday 5th October

The Urban Outreach Team gather together for prayer today in our Upper Room. Please pray for the coming week and all the tasks ahead, for the eyes to see, the heart to respond, the hands and feet to serve, the wisdom to discern and a refreshing of the Holy Spirit to comfort, empower and guide.

Tuesday 6th October

As UOB collect Harvest donations, please pray - Eternal God, you crown the year with your goodness and you give us the fruits of the earth in their season: grant that we may use them to your glory, for the relief of those in need and for our own well-being; through Jesus Christ your Son our Lord.

Wednesday 7th October

Please thank God for the wonderful relationships we have with many of the schools in Bolton. Today Dave is speaking at Bolton School harvest assembly. Please pray he will be able to inspire the children & staff with an attitude of thankfulness and generosity to others and that the harvest will be fruitful.

Thursday 8th October Please pray for Becki and Juliette from our Children & Families team and Sue, one of our trustees, who are returning from a week's mission in Kenya with their church family. Please pray for a safe return journey and time to recuperate before their return to 'normal' life.	Friday 9th October Please pray for Dave and Chris as they continue to steer Urban Outreach through its many challenges. Please pray especially for an inner peace and calm that only God can give. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27	Saturday 10th October Pray for a young boy who has recently finished working with our RISE team. He finds school very difficult potentially due to ADHD. Pray that he will be strong enough to implement some coping strategies and for school to have real wisdom in how to best support him.
Sunday 11th October Please pray for Harvest services and collections across Bolton. Give thanks for God's generous provision and for all who give so faithfully. Pray that donations would be plentiful, our food stocks replenished, and that every gift would help bring practical support, hope and encouragement to local people in need.	Monday 12th October Please pray today for our Café running at the Amber Centre this morning. Pray for those who attend who may be lonely and in need of support. Pray for the staff and volunteers to have words of wisdom as they chat and support.	Tuesday 13th October Praise the Lord, Street Life asked for prayer for a single parent and her 2 young children that we were continuing to support. They have been able to visit her family, and the older child has got a place in a nursery. This is good news as it's been a struggle for her, as her son has been diagnosed with Autism.
Wednesday 14th October Please pray for the Street Life Drop In which happens every Wednesday between 1pm and 3pm in our Amber Centre. Pray that the worker will be equipped with everything he needs to support each individual person that attends, and pray for protection over the building, staff and volunteers as they spend time chatting and making people feel welcome.	Thursday 15th October Pray for the Street Life worker as he spends time today following up on the new clients that attended the drop-in yesterday and the huge number of other people they are already supporting. Pray for clarity, wisdom and knowledge as they seek to help each individual person with the many varied issues that need to be resolved.	Friday 16th October Street Life asked you to pray before for the many people they see who are facing eviction from their properties including families. Pray for them as this is still happening, which is very stressful, as there is still not enough accommodation to move people into once they are evicted and some end up either Sofa Surfing or sometimes in hotels.

*"A generous person will prosper; whoever refreshes others will be refreshed."
(Proverbs 11:25)*

Saturday 17th October There are many in our town who we are supporting who are hurting and brokenhearted, and as we sit with them in their pain, we know we have a God who sits with them too. So please pray that in the midst of their struggles God will reveal Himself to them, that they may know His wonderful comfort and healing presence. Psalm 34:18 - "The Lord is close to the broken hearted and crushed in spirit"	Sunday 18th October As we continue through the Harvest season, Dave and Helen will be speaking at Church services today. Please pray that what God has placed on their hearts to share will be well received by those who hear it. Pray for wisdom and a peace over their mornings as they bring Gods word.	Monday 19th October As people collect their food provision from the Amber Centre today, we give thanks for this wonderful space that has become a healing space for so many. We thank God for this building and pray for protection and peace over it as we seek to share His love with those we encounter there.
Tuesday 20th October Please pray for the adults who attend the Genesis project who are navigating their way out of homelessness. They need stable accommodation that is safe from harassment, safe from eviction and a place they can invest in and make into a home.	Wednesday 21st October Please pray for UOB staff as they support clients in rebuilding relationships, restoring self-worth and confidence, and finding help with accommodation and finances. Pray that each person would know they are precious in God's eyes and deeply valued by Him.	Thursday 22nd October Pray today for Urban Outreach staff who are working with young people and their families. Please pray that the children would be receptive to advice, and that the staff would know the right things to say to make a difference in their lives. Pray for wisdom for staff and that other family members would be helpful and thoughtful.
Friday 23rd October Please pray today for children who are struggling with their mental health or are feeling lonely. Pray that they would be able to find someone they can talk to and get support from, and that they would see there is hope. Pray that those who care for them would realise how they feel and are sensitive and caring.	Saturday 24th October Please pray for the food team as they go about distributing food parcels to individuals and collecting from establishments throughout the day. Please pray for their protection as they engage with the most vulnerable in our society. Pray also for a level of discernment as they listen and respond to any concerns or worries they may share with the team.	Sunday 25th October As we serve Local Welfare and Storehouse food provision this week, let us pray for God's power at work, in and through our Urban Outreach community partnerships. May the presence of His Spirit continue to guide and empower us to be Jesus' hands and feet across Bolton, and may people come to know Jesus through our interactions with them.

*"Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"
(Matthew 19:26)*

Monday 26th October Please pray for a young person who has recently been separated from all his siblings. Please thank God for the lovely family he has been placed with and pray that he will find a sense of belonging despite being away from everything that is familiar to him.	Tuesday 27th October Please pray for a young person who has been struggling for a long time with her physical and mental health and therefore has turned to some unhealthy coping strategies. Please pray that she will get the support that she needs for her health and that her family would be able to support her in the best way possible.	Wednesday 28th October Please pray today for the Children and Families team as they meet together today. Please be praying that the team are encouraged as they spend time praying together. Please pray that they will be guided and led by God in all their ideas and in the work that they plan together.
Thursday 29th October Please pray for a lady who has discovered a lump in the side of her face. She has been to Christies, and the biopsy has come back inconclusive, so she must go in for surgery. Pray for a good outcome, and that everything goes accordingly.	Friday 30th October Pray for a young female who is trapped in heavy drug addiction. She used to have a job and a family but has now lost everything. Pray for healing and that God restores the years the locusts have eaten.	Saturday 31st October Pray for a female who has been locked in a psychosis for about two years. Everything seems so real that she does not think she is poorly and refuses to get help. Pray for the right person to cross her path, someone she will trust to help her.
Sunday 1st November In the beginning God said; "Let there be light," and there was light. (Genesis 1v3) Today we ask God; "let there be light!" Light in every dark corner of a persons' life, our town, our country and the world. As we petition God for His light to shine, we can have assurance of this as we read in Isaiah 9:2 "The people that walked in darkness have seen a great light" May this be a continual prayer for us. Amen	Monday 2nd November "If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking." (James 1:5 NLT) How many of us need God's wisdom this morning? The Good News we can ask for it! Holding this in mind please pray for our wonderful trustees who have so many decisions to make who individually and together seek God for His direction for UOB and the town in which we are privileged to be part of. Thank you.	Tuesday 3rd November Scripture tells us in Ephesians 6 that we are to put on the full armour of God and make a stand! As we turn to this scripture today let us all pray for protection as we seek to make a difference in the lives of those we meet today. For the UOB team no two visits, phone calls, meetings or food collections are the same and can be unpredictable. Please pray for protection. Thank you.

*"As water reflects the face, so one's life reflects the heart."
(Proverbs 27:19)*

Wednesday 4th November Pray for all those young people who are struggling with their self-esteem and self-confidence. We pray for the Children and Families team who deliver emotional wellbeing sessions in schools, that they would be able to encourage and build up these young people with positive affirmations and positive self-talk and that these young people would know how valuable they are.	Thursday 5th November Pray for safety as families celebrate Guy Fawkes night with fireworks and bonfires. Pray that fun is had but in a sensible way and that communities join together in an inclusive way. Where fireworks and bonfires light up the skies, let's remember that God is the true light of the world.	Friday 6th November We lift up to God all those young people we work with who feel unheard, insignificant and hopeless. Thank God that He knows each and every one of them and loves them all. Please pray that they feel His love and care for them and that we can show God's love by speaking up for them in the Families and Children's team.
Saturday 7th November As we head into the winter season and it starts to get much colder, please pray for those who are anxious about how they will pay their energy bills or having to choose between keeping warm and other essentials. Please pray that they will reach out and get the help that they need and be able to stay warm this winter.	Sunday 8th November Please pray for the food team as they begin preparing for Christmas Dinner on Jesus. As nominations open and donations start coming in, please pray for the smooth running of the project and energy for the team during this busy time.	Monday 9th November Please pray for a young woman who feels as though life has come to a standstill. Pray that God would meet her in that waiting place with fresh hope, renewed courage and a deep sense that she is not forgotten. Ask that doors would open, wise support would come alongside her, and that she would begin to see a hopeful way forward, one step at a time.
Tuesday 10th November Please pray God's protection, wisdom and peace over the whole Urban Outreach team as work continues at the Amber Centre. Pray especially for the contractors working on the roof: for safety, skill and good progress. May the building remain a place of welcome, calm and hope, and may everyone who enters, serves or receives support there know God's presence and care during this time.	Wednesday 11th November Please could Street Life ask you to pray for the people who are resorting to sleeping rough. Although Street Life has managed to find accommodation for some of them, the numbers remain high, as each week the Drop-In see more added. Pray that accommodation will be found and properties that are in a disrepair will be refurbished and released.	Thursday 12th November Please pray for the people that Street Life support long term, this can be for numerous different situations from, substance misuse, dept, and mental health issues. Pray for the worker who seeks to support them, that they will be empowered by the Holy Spirit and be able to give them hope for the situation they find themselves in.

*"How good and pleasant it is when God's people live together in unity!"
(Psalm 133:1)*

Friday 13th November Praise the Lord for the gentleman that Street Life asked for prayer before who had gone into rehab after using for over 30 years. He has now been in recovery in another town for 18 months and is still doing amazingly well. Pray the Lord will continue to protect and set him free from the addiction once and for all.	Saturday 14th November Please pray for the Food Team and the volunteers as they engage with the clients each day when the Amber Centre is open for food collection. Pray for grace, kindness and understanding to be the hallmark as the team interact with people in their time of need.	Sunday 15th November Give thanks for the clients who have stayed for a brew and a chat in the cafe at Amber when they have come to collect food and utility top ups. Please pray for the staff and volunteers and the conversations they have with the clients, that they will bless them with a warm welcome and kindness.
Monday 16th November Please pray for a family who is really struggling with connecting with their teenage daughter. Pray for unity, wisdom and reconciliation.	Tuesday 17th November Please pray for a child who is being home schooled. The child is isolating more and more and suffers from extreme anxiety.	Wednesday 18th November Please pray for a lady being supported by Eve's Space who is struggling to be honest about her situation. Pray she feels safe enough to open up and know she will be met with compassion.
Thursday 19th November Please give thanks for our new Eve's Space team member who is thriving in her role. Pray she continues to grow in confidence and feels valued, and she keeps bringing her gifts to the work we do.	Friday 20th November “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” (Isaiah 41:10) Please pray for those who are facing uncertainty or fear. Pray that they feel God's presence beside them, giving them strength and courage. May they trust that they are not alone and find peace in His love and guidance.	Saturday 21st November We thank God today for UOB's partnership with Asda supermarkets in Bolton and for the supporters that have volunteered their time today for the Asda collection day. Please pray that this is a great opportunity to chat with the public, raise awareness and collect valuable donations for our Food Hub to support people across Bolton this winter.

*“No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us.”
(1 John 4:12)*

Sunday 22nd November Please pray for a new partnership between our Children & Families Team, Bolton Lads and Girls Club and Round4Round Boxing that has started recently. We thank God for this opportunity to support young people at risk of youth violence and exploitation through the delivery of awareness raising sessions and 1:1 support. We pray that it has an impact for even just a few children and for our town.	Monday 23rd November Today, let's pray for our Children and Families team, to seek God's comfort, direction and power in all they are commissioned to do across Bolton. God, bring wisdom, purpose, and peace to the team who serve children and families across Bolton in your love and peace. May they be filled with your Spirit anew today.	Tuesday 24th November Let us pray for all those experiencing disadvantage; homelessness, domestic abuse, mental or physical ill health, exploitation, addiction, poverty, and contact with the criminal justice system. Let us remember that God loves all and we are called to challenge injustice and oppression. Pray for all staff aiming to fight these disadvantages daily.
Wednesday 25th November Today is National Shopping Reminder Day... as we plan and prepare to buy gifts, food and decorations for Christmas, please remember those whose budget makes Christmas difficult or even impossible. Pray that they may find small ways to bring some festivity and joy into their homes and families.	Thursday 26th November Please pray for our RUNA team as they go into schools and homes to meet young people who have been missing from home. Pray that they are able to show love and kindness to the young people so that they feel cared for, valued and respected.	Friday 27th November Please pray for the Food Team as we launch the behind-the-scenes planning for Christmas Dinner on Jesus. Pray for wisdom as we bring together food, volunteers and logistics, and for every detail to fall into place. Pray that we have the resources, capacity and energy to prepare well for this much-loved project, which brings hope and joy to so many across our town.
Saturday 28th November Please pray for people under growing pressure from rising food and energy costs, especially those turning to Storehouse Foodbank and local support. Pray for families facing impossible choices between heating their homes and putting food on the table. Pray that we have the resources, capacity and compassion to respond quickly and well to the needs across our community.	Sunday 29th November Please pray that, as we enter the season of Advent, Urban Outreach would reflect the peace, joy and love found in Jesus. Pray for opportunities to share His love with those facing hardship and for many to experience His comfort and hope.	Monday 30th November Please pray for young people in Bolton living in foster placements and residential homes. Pray that they would know they are valued, loved and not forgotten, and that they would be surrounded by supportive adults who encourage them and help them thrive.

*“What good is it for someone to gain the whole world yet forfeit their soul.”
(Mark 8:36)*